

What is claimed is:

1. A regulator for the amount of body fat comprising a medium chain triglyceride, wherein 90% by mass or more of fatty acids constituting medium chain triglycerides are comprised of saturated fatty acids having 8 and 10 carbon atoms, the ratio by mass of the saturated fatty acids having 8 carbon atoms to the saturated fatty acids having 10 carbon atoms is 60:40 to 85:15, and the saturated fatty acids having 8 carbon atoms is present in an amount of 60 to 85% by mass of the total fatty acids bonded to the triglycerides at the 2-position.

2. The regulator for the amount of body fat as claimed in claim 1, wherein the medium chain triglyceride is contained in an amount of 5% by mass or more.

3. A regulator for the amount of body fat comprising a medium chain triglyceride in an amount of 40% by mass or more.

4. The regulator for the amount of body fat as claimed in any one of claims 1 to 3, further comprising an animal and vegetable oil.

5. The regulator for the amount of body fat as claimed in any one of claims 1 to 4, further comprising vitamin E.

6. The regulator for the amount of body fat as claimed in any one of claims 1 to 5, further comprising a phytosterol.

7. A method for regulating the amount of body fat comprising the step of administering the regulator for the amount of body fat as

claimed in any one of claims 1 to 6 to those having a BMI value of 23 or more and controlling the accumulation of body fat of them.

8. A food product for regulating the amount of body fat,
5 comprising the regulator for the amount of body fat as claimed in any one of claims 1 to 6.

9. The food product for regulating the amount of body fat as
claimed in claim 8, which is in the form of an edible oil, mayonnaise,
10 margarine, prepared margarine, fat spread, dressing, bread, ice cream, cream, confection, doughnut, muffin, scone, or deep-fried food.